

ASPARAGUS-MUSHROOM RISOTTO

By Kimberli Washington, Public Information Office



(Serves 4 as main course)

Ingredients:

- 7 cups broth (vegetable or chicken)
- ¼ cup olive oil
- 1 ¼ cup minced shallots
- 2 tsp. minced garlic
- 2 cups portabella mushrooms (cleaned, steamed and coarsely chopped)
- ½ cup dry white wine
- 1 ¾ cups arborio rice
- 10 medium asparagus spears, trimmed and cut into 1-inch diagonal pieces
- 1 cup parmigiano-reggiano finely grated cheese
- Salt and pepper to taste

Directions:

- Add the 7 cups of broth and a pinch of salt to a 3-quart saucepan and bring to a boil. Lower heat to a simmer. Set aside until ready to add to rice later.
- Heat olive oil in a 5-6 quart pot over medium-high heat. Add shallots and lower heat to medium until softened and translucent (about 3 minutes).
- To the same pot, add garlic and cook about a minute before adding in mushrooms. Raise heat to high and cook until softened.
- Lower heat to medium and add rice to the pot with the mushrooms. Cook until rice is slightly toasted, about 3 minutes.
- Stir in dry white wine with the rice and cook until most of it is absorbed, about 30 seconds. Now, add 1 ½ cups of the broth to the rice and lower heat to simmer. Stir until broth is absorbed, about 3 minutes.

- Add another 1 ½ cups of the broth and repeat the process 2 more times.
- Stir in asparagus and remaining 1 cup of broth with rice mixture. Put heat to low and cook until asparagus is tender, about 5 minutes.
- Remove from heat and fold in cheese. Cover and let stand about 5 minutes.
- Season to taste.
- Server and enjoy!!!

Disclaimer: It is the reader's responsibility to check the instructions provided, and to determine nutritional value and any possible medical condition that may arise from the consumption of the ingredients listed.